

Pick a better snack™



Cantaloupe

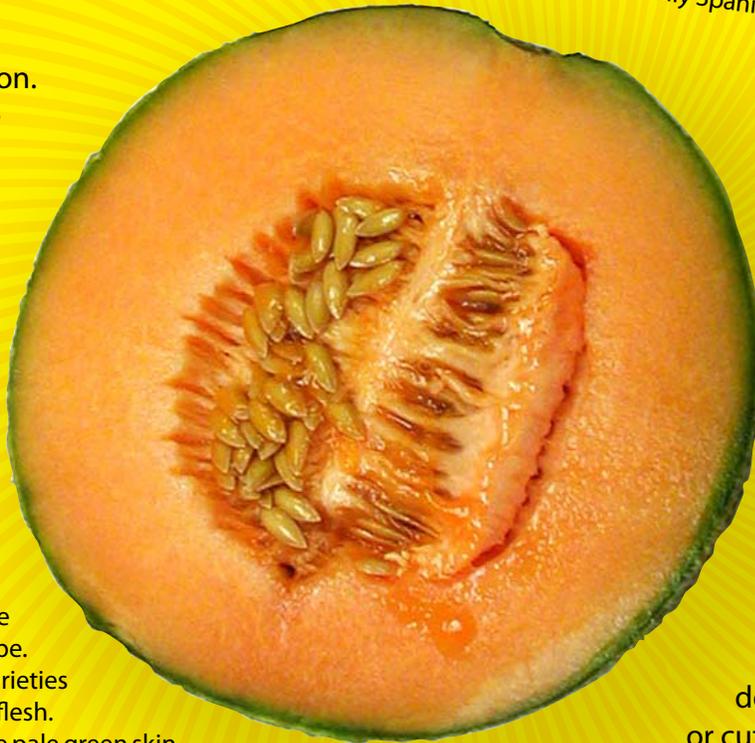
In the United States, cantaloupe are commonly called muskmelon.

Many melons originated in the Middle East. Ancient Egyptians and Romans enjoyed cantaloupe. Melon seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California.

Cantaloupe are a melon. Other melons include honeydew and watermelon. Melons are in the same gourd family as squash and cucumbers.

VARIETIES

In the United States, the most popular variety is the North American cantaloupe. There are less common varieties which have red or yellow flesh. European cantaloupe have pale green skin.



Muskmelon are round with a light-brown rind (thick skin) and orange flesh. The rind is not eaten. The center has seeds which need to be scooped out before eating.

Cantaloupe are fruit which grow on vines.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium
- High in vitamin A

USES

Cantaloupe is delicious raw. It is usually sliced or cut into chunks. Add cantaloupe to fruit salads, fruit soups or salsa. Serve as a dessert with some ice cream and chocolate sauce.

Cantaloupe is grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

